

**AGA KHAN UNIVERSITY EXAMINATION BOARD**

**SECONDARY SCHOOL CERTIFICATE**

**CLASS IX**

**ANNUAL EXAMINATIONS (THEORY) 2023**

**Food and Nutrition Paper II**

**Time: 1 hour 50 minutes    Marks: 25**

**INSTRUCTIONS**

**Please read the following instructions carefully.**

1. Check your name and school information. Sign if it is accurate.

**I agree that this is my name and school.  
Candidate's Signature**

**RUBRIC**

2. There are SEVEN questions. Answer ALL questions. Questions 6 and 7 each offer TWO choices. Attempt any ONE choice from each.
3. When answering the questions:  
  
Read each question carefully.  
Use a black pointer to write your answers. DO NOT write your answers in pencil.  
Use a black pencil for diagrams. DO NOT use coloured pencils.  
DO NOT use staples, paper clips, glue, correcting fluid or ink erasers.  
Complete your answer in the allocated space only. DO NOT write outside the answer box.
4. The marks for the questions are shown in brackets ( ).
5. You may use a simple calculator if you wish.

Q.1. (Total 3 Marks)

Name any TWO vitamins and ONE mineral that serve as antioxidants in the human body.

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Q.2. (Total 3 Marks)

Write any THREE symptoms that mostly appear in children who consume insufficient protein in their diet.

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Q.3. (Total 3 Marks)

A group of teenagers are planning to take part in a day-long marathon to raise money for a local charity.

Suggest healthy food items that are suitable for them to eat before, during break time and after the marathon.

**Food Items to be Eaten Before the Marathon**

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**Food Items to be Eaten During Break time in the Marathon**

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**Food Items to be Eaten After the Marathon**

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Q.4.

(Total 2 Marks)

Ayesha belongs to a healthy family. She suggests her mother to avoid butter in daily breakfast as it is high in saturated fats and calories. But her mother convinced Ayesha that consuming butter in moderation is beneficial.

Write any TWO factual points that Ayesha's mother might have used to convince her.

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Q.5.

(Total 2 Marks)

Identify any ONE best cooking method for the preparation of each of the given beef cuts.

Beef Cut	Cooking Method
Tough Cut	
Tender Cut	

Q.6. (Total 6 Marks)

**EITHER**

- a. The given table shows the recommended daily allowances (RDAs) of nutrients and their consumption by two 8-year-old children.

	<b>Protein</b>	<b>Calcium</b>	<b>Iron</b>
Recommended Daily Allowance (RDA)	28.3 g/day	550 mg/day	8.7 mg/day
Consumption by Child <b>I</b>	15.5	325	6.0
Consumption by Child <b>II</b>	29.1	540	8.5

With reference to the given RDA values, describe the effect of consuming each of the given nutrients on the health of both the children.

**OR**

- b. Describe, with an example, the way in which each of the following factors influence the dietary practices of people.
- i. Religion
  - ii. Income
  - iii. Food availability

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